

They have laid the foundation for their higher education and are now in year two...

Listening to Sophomores

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**Listening to
Sophomores and Second Year Students...**

“It’s not so challenging being a student except that you live far away from home and you get home sick.

I like that all of the staff is supportive. It helps me with my school work which leads to better grades.”

—Second Year/Hispanic

“I’m very young for my grade. I’m a sophomore and I just turned 18.

No parents has made it difficult for me growing up.”

—18 y/o Caucasian male w/o mother/father, sophomore

“I feel like by now, I should have grown a sense of what college is like and what I need to do but at times I feel lost. So pretty much I say my perspective is like that of any other student.

Being a student like everybody else, I would like to share that some courses are no joke. If you do not put in the work and overtime, then you will fail.”

—Chinese, 2nd Year, Male

“So far all of the teachers (adjuncts) have been pretty great, accessible, helpful and well organized.”

—American, white, female, sophomore

“I feel like I fit in with a lot of my peers because there are a lot of people my age. Since I am advanced by a semester I think it will be hard to keep some of the same friends at Sac State.

I’ve had a great year at Sac State. However, some of the teachers are boring and read off of powerpoint. I have had a lot of awesome teachers.”

—an 18 year old sophomore

“I actually have not done anything at the school other than enjoy the Well, Union, library. I’m not as involved as I would like to be.

Easy access to all the stuff here, lots of people/staff to help me if I need it.

(I don’t like) The high tuition. Everything I need to pay for has come out of pocket. Financial aid didn’t help much.”

—Female, asian, 2nd year

“What I have liked the most here are the interactions I have with fellow classmates & professors.”

—Chinese, 19, 2nd yr, female, straight

“I like how many opportunities Sac State has to offer, I love the teachers and professors. I am not a fan of large lecture based classes whose grade is made up of a few tests.”

—White, 19, second year

“I enjoy being a student at CSUS.

I have gotten mostly great teachers who care about their students.”

—2nd year sac state white female athlete

“I believe it’s all about what you make of it....

As a young female here I’ve been active (at least my first two years) in extracurricular activities trying to find my ‘area’ in liking, passion or calling.

(I like) My personal development; growth (academically, mentally and emotionally)”

—Female

“Second year in college. I am female, 19 years old....

The professors that I have had, show they really want to be there and care for their students.”

—No student specifics given other than what is stated above

“I don’t like that this is a commuter school, don’t feel like we have a lot of school pride. For that reason, most people just come to their classes and then leave. Also do not like how in many of my classes I am given homework over our breaks (Thanksgiving). It is called a break for a reason.

Seems as though many professors try to squeeze in too much content/work toward the end of the semester, makes it overwhelming.”

—19, Black & white ethnicity, sophomore, female

“I am a very quiet student overall, and am personally open-minded about any topic of interest.”

—a twenty year old Korean Male and a CSUS second year.

“At a young age, I feel the pressure by students, faculty, and family to graduate as soon as possible and get into the working world. It feels like no one wants to let me take it slow. They only want me to get in and get out.

The resources that are at my disposal have helped guide me my first two years.”

—No student specifics given

“I feel like I fit in and do not stand out.”

—white, 19, female, 2nd year

“Been pretty easy, I feel like my high school prepared me.

At CSUS, my first year I didn’t live on campus and I think it factored into me not finding a home at Sac State. Until my second year, where I got involved in a sorority which made coming to campus so much better.”

—20, female mixed

“I feel like my experiences here at Sac State are all good so far the 3 semesters that I have been here.”

—a 20 year old half white half filipino female

“The second year is a lot easier than the first one for sure. I’m having fun and know how things work now.”

—Female, 20, 2nd yr

“Sometimes its hard, most of the time I like it. Still want to be done and out.”

—2 year student with many years to go

“I am slowly coming into my own and learning about myself and the world.”

—Sophomore

Sophomores

The last *Sacramento State University Fact Book* reports there were 3,391 sophomores of the 27,876 total undergraduate students enrolled in Fall 2016, 12.2% of undergraduate students.

What We Can Do

Students, especially those in the first few years, don't always know what exactly they need to be doing or who to ask for help. Helping sophomores to understand the process toward degree attainment and where to go if they have questions or become lost can be a significant source of practical and psychological support.

Below are some of the key tasks of a sophomore at Sacramento State:

Staying On Track with GE Classes

Sophomores have 30-59 units earned at this grade level, with more General Education courses to go. Students can see their progress, stay on track, and learn more what they need to do to graduate and the assistance available to them by going to their:

[KEYS to Degrees Toolbox \(Kit to Empower Your Success\)](#)—

Helps students to better navigate college life and stay on track with timely graduation with online tools such as Smart Planner, which automates course scheduling and offers dashboards showing the student's real-time progress toward degree.

[KEYS Website](https://www.csus.edu/student-life/academic-advising/general-advising/keys-to-degree-toolbox.html) <https://www.csus.edu/student-life/academic-advising/general-advising/keys-to-degree-toolbox.html>

Students with questions may seek assistance at:

[Academic Advising Center](#)—

Helps students to clarify and implement educational plans consistent with their skills, interests and values through general education advising, graduation requirements academic advising, and more.

Location: Lassen Hall 1013

Phone: (916) 278-6231

[Academic Advising Website](https://www.csus.edu/student-life/academic-advising/) <https://www.csus.edu/student-life/academic-advising/>

Students may also want additional academic support for their second year of college:

[Paving Excellence, Retention and Success in Student Trajectories \(PERSIST\)](#)—

Serves students in their sophomore year and students who have stopped out/dropped out at Sacramento State with campus resource support, college level advising, sophomore success workshops, and assistance with registration and creating a productive course schedule facilitating time to degree, all to help students to persist in their educational pursuits.

Location: Lassen Hall 2006

Phone: (916) 278-4294

[PERSIST Website](https://www.csus.edu/student-affairs/retention-academic-success/persist.html) <https://www.csus.edu/student-affairs/retention-academic-success/persist.html>

Choosing a Major

According to university policy, students must declare their major by 60 units. Ideally, though, students want to get ahead in the game by declaring their major as early as possible in the first or second year, which increases the likelihood of graduation and decreases the time-to-degree, according to a 2013 study by the campus Office of Institutional Research (“Student Behaviors in Relation to Majors and the Impact on Graduation”).

For those who haven’t declared a major, this second year is a good time to look into different fields of study and explore interests. At 45 units, students may begin to enroll in upper division classes, which can also help them to get a sense of different programs. Sacramento State is home to seven academic colleges offering 58 undergraduate majors and, in some areas, the option for students to design their own major with faculty approval.

Students who have difficulty choosing a major may seek assistance in the following ways:

Academic Advising and Career Center—

Offers extensive services and resources to help students choose a satisfying major and career in line with their skills, interests, and values. Academic Advising and Career Counseling are available for students to get help with choosing/changing a major, exploring majors and career occupations, and then formulating an academic path for their chosen career goal. Students may find further information about making appointments and drop-in counseling on the websites. Students may also look at the other services below provided by the Career Center and Academic Advising.

Location: Lassen Hall 1013

Phone: (916) 278-6231

Academic Advising:

[Academic Advising Website](https://www.csus.edu/student-life/academic-advising/) <https://www.csus.edu/student-life/academic-advising/>

[General Advising and Undeclared/Expressed Interest Advising Website](https://www.csus.edu/student-life/academic-advising/general-advising/)

<https://www.csus.edu/student-life/academic-advising/general-advising/>

Career Center:

[Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/>

[Career Counseling Website](https://www.csus.edu/student-life/career-center/career-counseling/) <https://www.csus.edu/student-life/career-center/career-counseling/>

FOCUS 2 Career—

Offers an online self-directed program that helps students to learn more about their personal strengths and attributes, explore careers and majors to match, and more. FOCUS 2 Career may be found on the Career Center’s website as one of the featured tools on the right.

[Career Center Website](https://www.csus.edu/student-life/career-center/) <https://www.csus.edu/student-life/career-center/>

Major Advising Website—

Provides information regarding major advising, specifically for students pursuing their chosen majors at the college or department for that area of study. Faculty advisors assist students in planning an academic program appropriate for each student, and are also helpful in the exploration of career options.

[Major Advising Website](https://www.csus.edu/student-life/academic-advising/major-advising/) <https://www.csus.edu/student-life/academic-advising/major-advising/>

Getting Involved in College Life

Research shows that student engagement, such as extracurricular activities, positively impacts academic performance, including research done on this campus by the Office of Institutional Research (“The Impact of Extracurricular Activity on Student Academic Performance”).

In addition to academic success, students reap so many other practical benefits from participation in campus life. Campus clubs and organizations give students the opportunity to develop leadership and interpersonal skills, and gain experience to state on a resume or in a job interview and then draw upon in the working world. Campus events offer students exposure to information and experiences different than classroom learning. All forms of campus involvement give students opportunities for interacting with their peers, faculty, and staff, where they can make those personal connections so essential to feeling a sense of inclusion on campus and also increase access to valuable information regarding courses, services, and opportunities.

Faculty and staff can encourage student engagement by announcing campus events and activities (or building these into course assignments), and explaining the importance of these to students. Below you will find a list of some of the many great opportunities there are here at Sacramento State for students to become involved.

Campus Resources

For Students Wanting to Get More Involved in Campus Life:

Associated Students, Inc. (ASI)—

Serves as the official governing body of Sacramento State and provides the framework for students to become engaged in campus life through participating in student government, joining campus committees, advocating for higher education, planning and promoting ASI events, joining clubs and organizations, and attending university events and activities.

Location: University Union, Third Floor 3250 Phone: (916) 278- 6784

[ASI Government Website](http://www.asi.csus.edu/student-government/) <http://www.asi.csus.edu/student-government/>

Sacramento State Campus Calendar of Events—

Provides listings of upcoming events, including movies, concerts, recreational activities, club and program events, comedy showcases, lectures, performing arts, gallery showings, and more.

[Campus Calendar Website](http://calendar.csus.edu/) <http://calendar.csus.edu/>

Sacramento State Athletics—

Hosts athletic competitions for the many Sac State sports teams. Admission is free for Sac State students, faculty, and staff to Hornet athletic events during the regular season.

[Hornet Sports Website](http://www.hornetsports.com/landing/index) <http://www.hornetsports.com/landing/index>

Student Organizations and Leadership (SOL)—

Helps students to get involved in campus life through numerous clubs and organizations, including those that are academic, cultural, fraternal, honorary, political, professional, recreational, religious, service, social, sports, and special interest in nature.

Location: University Union, Second Floor 2035 Phone: (916) 278-6595

[SOL Website](https://www.csus.edu/student-life/student-organizations/) <https://www.csus.edu/student-life/student-organizations/>

Sacramento State Sports Program—

Offers students the opportunity to develop sports and leaderships skills through a variety of sports clubs and recreation clubs. Sports clubs compete against other universities in leagues and conferences at the local, regional and national level. Recreation clubs meet on a weekly basis and host local and regional events, and more.

Location: University Union, Second Floor 2305 (SOL Office) Phone: (916) 278-6595

[Sports Program Website](https://www.csus.edu/student-life/student-organizations/sports-recreation/) https://www.csus.edu/student-life/student-organizations/sports-recreation/

State Hornet Newspaper—

Provides a daily online publication during the academic year for students, with a newsletter with a weekly roundup of State Hornet coverage (just join the mailing list), and also the opportunity for students to gain experience in reporting and other aspects of news publication.

Location: Del Norte Hall 1006

Phone: (916) 278-6584

[State Hornet Newspaper Website](https://statehornet.com/) https://statehornet.com/

KSSU Radio—

Provides regular programming for the campus, including a range of different radio personalities and music genres, interviews, and broadcastings for Hornet athletic events, and more. Students interested in volunteering may help out with events or deejay an on-air show for the station.

Location: The Union, First Floor (ASI Hot Spot)

Phone: (916) 278-3343

[KSSU Radio Website](http://www.kssu.com/) http://www.kssu.com/

UNIQUE—

Offers students the volunteer opportunity to plan, promote, and produce quality campus events such as concerts, lectures, performing arts, and multi-cultural programs.

Location: University Union, Third Floor 3216

Phone: (916) 278-3928

[Unique Website](https://theuniversityunion.com/unique) https://theuniversityunion.com/unique

Community Engagement Center (CEC)—

Offers students opportunities to develop the skills necessary to become engaged citizens in their communities by volunteering in a number of ways, including the Sac State Volunteers and Alternative Break programs for one-day or longer service projects held throughout the year in the community.

Location: University Library 4028

Phone: (916) 278-4610

[CEC Community Service Volunteering Website](https://www.csus.edu/experience/anchor-university/community-engagement-center/internal/community-service.html) https://www.csus.edu/experience/anchor-university/community-engagement-center/internal/community-service.html

Multi-Cultural Center (MCC)—

Encourages cultural understanding and awareness and action on the important issues and concerns of our communities through campus events, programs, and volunteer and personal development opportunities for students. MCC also offers a welcoming place for students to come in, hang-out or study, and learn more about themselves and others.

Location: Library 1010

Phone: (916) 278-6101

[MCC Website](https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/multicultural-center.html) https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/multicultural-center.html

One World Initiative (OWL)—

Offers events and activities to inform and prepare world citizens, each year centered on a chosen theme. Students, faculty, and staff may participate in the One World Initiative each year in different ways, such as attending events or planning events.

Location: Sacramento Hall 234

Phone: (916) 278-5344

[OWL Website](https://www.csus.edu/undergraduate-studies/one-world-initiative/) <https://www.csus.edu/undergraduate-studies/one-world-initiative/>

Male Empowerment Collaborative (MEC)—

Helps to improve the retention and graduation rates of male students who are less likely to stay in and graduate from college (in contrast to female students), by offering opportunity for personal self-discovery and growth through mentorship, dialogue, guidance, and support to connect more fully to the campus community and services.

Location: Lassen Hall 2205

Phone: (916) 278-6183

[MEC Website](https://www.csus.edu/student-affairs/retention-academic-success/male-empowerment-collaborative.html) <https://www.csus.edu/student-affairs/retention-academic-success/male-empowerment-collaborative.html>

Women's Resource Center (WRC)—

Offers programs, events, and workshops to challenge sexism and promote gender equity. Students may come in to hang-out, socialize, study, or to learn more, inquire about volunteering, and/or attend events.

Location: University Union, Second Floor 2250

Phone: (916) 278-7388

[WRC Website](https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/womens-resource-center.html) <https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/womens-resource-center.html>

PRIDE Center—

Provides programs, events, access to campus and community resources, a weekly support group, and a place where LGBTQIA students can hang-out and build community. The Center also offers opportunities for learning regarding the diversity of sexual orientation and gender identity. Students may come in to learn more or contact the Center to volunteer (people are always needed to help with events or around the Center).

Location: University Union, First Floor

Phone: (916) 278-3940

[PRIDE Center Website](https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/pride-center.html) <https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/pride-center.html>

Sacramento State "U" Mentor Program—

Pairs students with faculty, staff, alumni, and graduate and upper-division students who serve as mentors that work one-on-one with students to ensure their success at Sac State and build connection, community, and sense of belonging.

[U Mentor Website](https://www.csus.edu/student-affairs/centers-programs/degrees-project/u-mentor.html) <https://www.csus.edu/student-affairs/centers-programs/degrees-project/u-mentor.html>

The WELL—

Offers a variety of facilities for students at all levels of fitness to play sports, use the cardio and weight machines or indoor track, enjoy the rock-climbing wall, or hang-out and socialize. Membership costs are included in student enrollment fees.

Location: South End of Campus

Phone: (916) 278-9355

[WELL Website](https://thewellatsacstate.com/) <https://thewellatsacstate.com/>